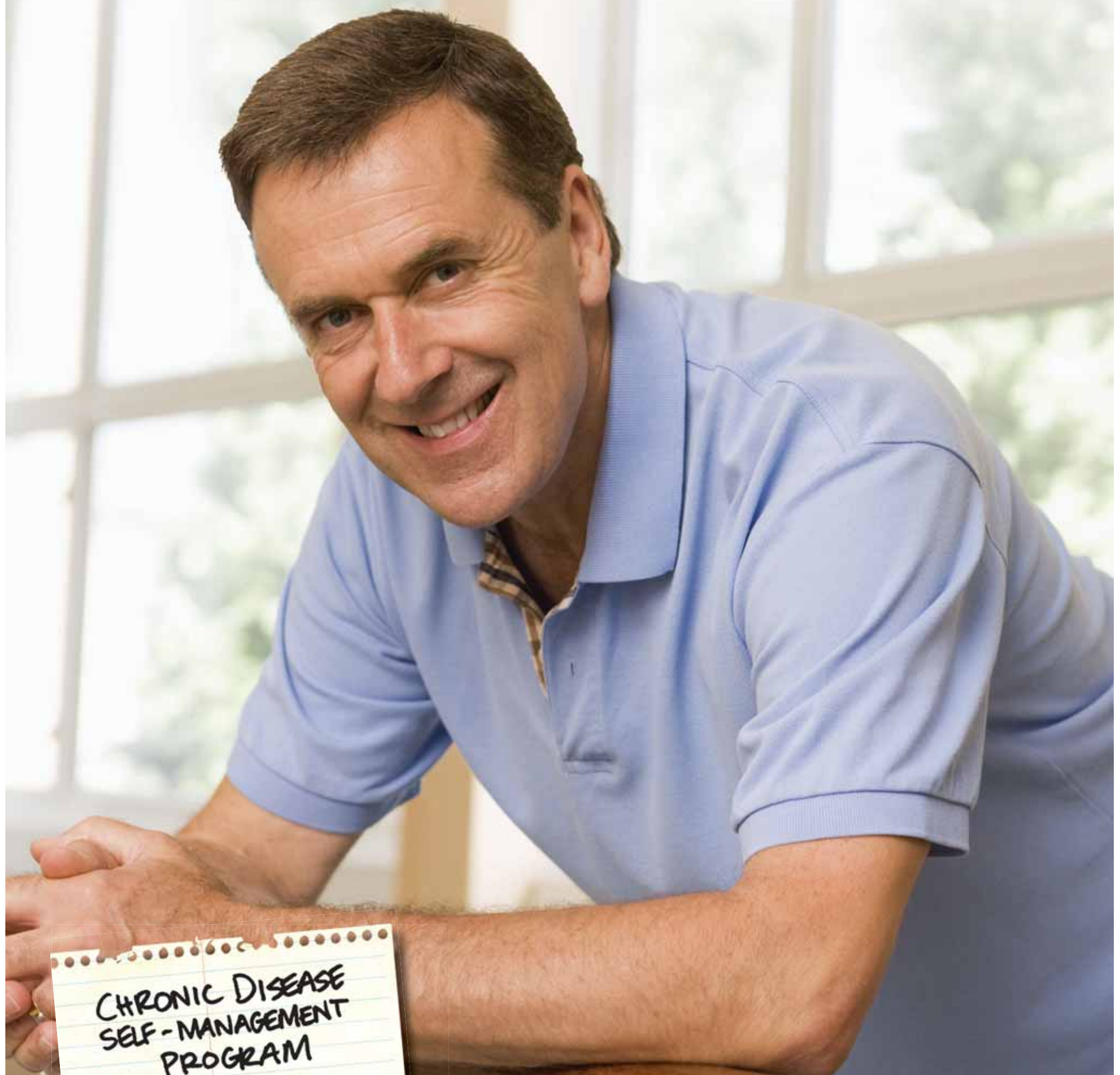


“I know what your chronic disease is like, and I can help you live with it.”



CHRONIC DISEASE
SELF-MANAGEMENT
PROGRAM

DATE:

LOCATION:

FOR MORE INFO:

I'm a person with a chronic illness too. I'm also a leader in a Chronic Disease Self-Management Program, and I can teach you important skills so you can live better with your heart disease, arthritis, diabetes, or lung disease. The program is facilitated by two trained leaders, and at least one is a non-health professional like me, with a chronic disease. We cover exercise, nutrition, medications, and how to talk to key people about your health problem. I know it's hard. But I learned to live well with my disease and I can help you do it too.

Live Like Your Life Depends On It.

Live Well
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